



## Hawkins County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the 2007 inception of CSH in the Hawkins County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Hawkins County School System that includes:

- A School Health Advisory Committee
- A Staff Coordinating Council
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include an updated wellness policy that encompasses guidelines for the 8 components of CSH and an approved mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,053,579.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Hawkins County Health Council/Adolescent Sub-committee | ➤ Rogersville Business and Professional Women's Organization            |
| ➤ ETSU Rural/Community Health Initiative                 | ➤ Rural Health Services Consortium                                      |
| ➤ UT Extension Office's TNCEP program                    | ➤ Hawkins County Chamber of Commerce                                    |
| ➤ Jubilee Farm 2 School project                          | ➤ Hawkins County Schools Family Resource Center Advisory Board          |
| ➤ WRGS Radio   | ➤ Hawkins County Schools Family and Consumer Sciences Advisory Board    |
| ➤ American Cancer Society                                | ➤ Delta Kappa Gamma Teacher Service Organization                        |
| ➤ American Heart Association                             | ➤ Department of Children's Services Community Advisory Board            |
| ➤ Southeastern Dairy Association                         | ➤ Hawkins County Schools Family and Community Engagement Advisory Board |
| ➤ Goodwill Industries                                    | ➤ Hawkins County Health Department.                                     |
| ➤ Rogersville Rotary Club                                |   |
| ➤ Rogersville Kiwanis Club                               |   |

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as school health screenings and activity oriented fundraisers. Currently, 106 parents are collaborating with CSH.

High school HOSA students have been engaged in CSH activities such as breast cancer awareness campaigns, staff health fairs, promotion of a staff walking challenge, first aid presentations, CPR training, assistance with elementary health screenings, blood pressure checks for students and parents at 9<sup>th</sup> grade orientation night. Elementary and middle school students have been involved in staff recycling projects, and proper hand washing demonstrations. Approximately 123 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Hawkins County School System, the following health interventions have taken place:

7,825 students were screened for height, weight, blood pressure, hearing, and vision. 592 students were referred for being out of the normal range;

In 2009-2010, 56,320 student visits were made to the school nurse; 53,589 of those visits resulted in the student returning to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2008-2009, our BMI data showed that 51.5% of our students were overweight or obese. Our data from 2010-2011 shows that the number of overweight and obese students has dropped 6.5% to a total of 45%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, climbing walls, exercise equipment for staff/students, playground equipment, ground cover for playground safety, food for food backpack program, fitness technology, salad bars, ovens to replace fryers in the cafeterias, and milk coolers to replace coca cola coolers in the cafeterias;

Professional development has been provided to school counselors, physical education teachers, nurses, and cafeteria staff. Examples include CSH orientations, Take 10! trainings, Michigan Model trainings, physical education teacher professional development (both in Hawkins County and at Kingsport City's annual wellness symposium), and mental health referral process trainings;

School faculty and staff have received support for their own well-being through Weight Watchers programs, after school fitness classes, annual wellness challenges, access to the school based health clinics, and staff wellness physicals (which have included BMI, cholesterol, triglyceride, and glucose screenings).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – all school counselors and health education teachers have been trained in using the Michigan Model curriculum and currently integrate it into their classroom lessons;
- Physical Education/Physical Activity Interventions – schools utilize the following, which were provided through CSH: walking trails, fitness technology, new and innovative physical education equipment, new playground equipment, the GOTRYBE online physical activity program, climbing walls, and Take 10! Kits;
- Nutrition Interventions – the USDA Fresh Fruits and Vegetables Program has been successful at 2 schools; the Child Nutrition Director works hard to integrate whole grains, beans/legumes, fresh fruits and vegetables, and non-fried foods into the weekly cafeteria menus. Fryers have been removed K-8 and are used at a limited amount in the high schools. High school vending machines are still in use but have healthy choices to select from now;
- Mental Health/Behavioral Health Interventions – the mental health integration grant assisted Hawkins County in re-visiting and refining their mental health policies and procedures. Students now have access to mental health services during the school day which removes the transportation barrier to receiving care and also contributes to less time out of class and more time focused on instruction.

Other highlights include receiving a 2008 Federal Carol M. White Physical Education Program grant and the 2010 opening of 2 school based health clinics. A mobile medical clinic travels to our remaining schools.

In such a short time, CSH in the Hawkins County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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